

INSIDE

POW/MIA ceremony, Page A2

EEO complaint process, Page A3

Around the Air Force, Page A4



ROBINS REV-UP

'Team Robins - Performing to Our Potential'

'75 Years of Power Projection'

September 23, 2016 Vol. 61 No. 38



U.S. Air Force photo by RAYMOND CRAYTON
Keith Felder, 402nd Maintenance Support Group sheet metal specialist, performs sheet metal fabrication. The 402nd MXSG is comprised of 400-plus employees at 12 work sites, to include infrastructure engineering, chemical laboratories and the Precision Measurement Equipment Laboratory.

It's our Culture

Robins unit recertified by OSHA as VPP Star Site

BY JENNY GORDON
 jenny.gordon.ctr@us.af.mil

The 402nd Maintenance Support Group has been recertified as a Star Site by the Occupational Safety and Health Administration following a visit in August.

The group was awarded the prestigious OSHA Voluntary Protection Program Star Site accreditation in 2013 for its ongoing commitment to workplace health and safety. It was the first industrial work site in Air Force Materiel Command to do so.

The 402nd MXSG is comprised of more than 400 employees at 12 work sites, providing industrial and engineering services for the Warner Robins Air Logistics Complex's maintenance production groups. Those employees enable the complex to deliver quality depot maintenance, on time and on cost.

These services support production partners in over 140 locations across Robins.

Johnny Jones, 402nd MXSG deputy director, said that since the group's VPP journey began in 2008, it's been about sustaining efforts that have been put in place. The next OSHA Star

Site recertification will take place in three to five years.

"You can't let your guard down because things don't stop. People keep working and things happen," he said. "We've been working hard on this since 2008. It's part of our culture and everyone has to be part of the team."

The journey has had its challenges, among them a reorganization of the Warner Robins Air Logistics Complex, key leadership changes within the 402nd MXSG, and the addition of dozens of personnel who had to be educated about the group's various VPP programs.

"MXSG VPP teams specialize in the four tenets of VPP, visiting work sites and performing annual VPP cultural assessments," said Sean Johnson, 402nd MXSG VPP program manager. "That's a big piece of our sustainment process."

"Employee-led teams perform these assessments in addition to their daily job requirements," he added. "They care about this program and want to see this group succeed - it's taken very seriously. What we're striving for is safety excellence."

► see STAR, A5

116th MDG always prepared to support the homeland

BY JENNY GORDON
 jenny.gordon.ctr@us.af.mil

For every disaster in America - natural or man-made - the Air National Guard stands ready to assist.

At Robins, there are Guard members serving in the 116th Medical Group who not only support home-station activities, but also ensure the wing's military members are medically qualified to deploy in support of combatant commanders across the globe.

But there's another aspect of the 116th MDG mission. It includes a contingency of nearly 50 medical personnel from across the state who form a detachment to support homeland defense.

"Both are no-fail missions. We can't fail at supporting the homeland if they need us, and we can't fail at supporting our wing in making sure they can perform their mission anywhere in the world," said Col. Louis Perino, 116th MDG commander. An emergency medicine physician, he's been part of the medical response mission for nine years.

Assisting the homeland is part of a new and evolving mission that has developed over the last dozen or so

"We can't fail at supporting the homeland if they need us, and we can't fail at supporting our wing in making sure they can perform their mission anywhere in the world."

Col. Louis Perino
 116th Medical Group commander

years, born out of lessons learned following disasters such as Hurricane Katrina, the Sept. 11, 2001 terrorist attacks and the Oklahoma City bombings.

Doctors, nurses, physician assistants, medics and other public health and environmental engineering specialists across Georgia are part of a single detachment based out of Robins, one of 27 in the U.S., that makes up what's known as a CBRN Enhance Response Force.

CBRN refers to chemical, biological, radiological and nuclear defense, where protective measures are taken when hazards can be present.

There are 10 CERFs across the country that respond

in the event of an emergency, such as a hurricane, tornado, flood, earthquake or man-made disaster, Guard members can deploy as part of dedicated medical teams to lend a helping hand to civilian agencies.

"Our primary mission is to assist civil authorities," said Lt. Col. Stephen Baffic, a 116th MDG emergency medicine physician assistant. "We save lives and mitigate suffering, primarily in response to a CBRN-type incident; however, we assist with natural disasters too."

The Homeland Mission

The Robins detachment is part of the National Guard Homeland Response Force for the Federal Emergency Management Agency's Region IV, which includes the southeastern states of Georgia, Florida, Alabama, Mississippi, Tennessee, Kentucky, North Carolina and South Carolina. Its regional office is in Atlanta.

The main elements of a National Guard Joint (Army and Air Force) disaster response force includes not only search and extraction and decontamination teams, but also medical triage and stabilization teams.

Examples of defending a homeland mission include

► see HOMELAND, A6

FRIDAY FLYBY: One week until the Thunder Over Georgia Air Show!



IDS Tip of the Week



Keep it real. Don't self-medicate to avoid how you feel. Active-duty military members can call Robins Air Force Base Alcohol and Drug Abuse Prevention Treatment Program 478-327-8398 for help.

Flu Shots

The Houston County Health Department has kicked off this season's Civilian Vaccination Campaign and is providing on-base vaccinations. Most insurance plans are accepted, and for those without covered insurance, the cost is \$25. Shots will be available at the Base Restaurant every Wednesday from 11 a.m. to 1 p.m. and at the Fitness Annex every first and third Wednesday from 8:30 to 10 a.m. and every second and fourth Wednesday from 2 to 3:30 p.m.



Weekend Weather

Friday
91/61



Saturday
92/68



Sunday
88/66



Always keep safety in mind.

SECOND FRONT

POW/MIA Day: Team Robins remembers

BY ANGELA WOOLEN

angela.woolen.ctr@us.af.mil

Remember. It's one simple word, but it was the theme of the POW/MIA Ceremony held Sept. 15 at the Museum of Aviation. And, a powerful theme it was.

A somber demonstration around a circular table which honored those from each branch of the military included dress hats from the Coast Guard, Air Force, Army, Marines and Navy. A baseball cap was used to represent civilians.

The POW/MIA flag was walked in after the 24-hour vigil run, which started at 3 p.m. Sept. 14.

The flag was flown over the White House in 1988. It was installed at the U.S. Capitol Rotunda as a result of legislation.

Other than the American flag, the POW/MIA flag is the only flag to fly over the White House, since 1982, according to the Department of Veterans Affairs.

What better way to remember those who have been prisoners of war or missing in action than to hear from a former POW? The keynote speaker was retired Chaplain (Col.) Robert Certain, a B-52 navigator, who flew 100 missions over Southeast Asia from 1971 to 1972.

On the day he was supposed to return to the U.S. and his new bride, Certain's B-52 was shot down in Northeast Hanoi in North Korea. He was captured Dec. 18, 1972 and was released March 29, 1973.

"It was good to be in the C-141 coming home," he said. He was only 25 when he was taken prisoner. "Communication was a big deal. Maintaining mili-



U.S. Air Force photo by TOMMIE HORTON

Bob Bovitch, Vietnam veteran greets POW/MIA Ceremony guest speaker, retired Chaplain (Col.) Robert G. Certain, a B-52 navigator who flew 100 missions over Southeast Asia from 1971 to 1972.

tary bearing was a big deal. Supporting each other in adversity was a big deal," Certain said.

Since he was taken near the end of the war, Certain said he wasn't tortured like some of the POW accounts he has heard. He was "roughed up" one time with a rifle for a smart-aleck comment during questioning.

During his presentation, Certain presented the Code of Conduct for military personnel on a PowerPoint presentation. He said that code was what kept them alive during captivity.

NEWS BRIEFS

Put Your Hands Together

The next "Put your hands together for ..." will run in the Sept. 30 edition of the Rev-Up. Deadline for submissions is today at 4:30 p.m.

To have an award included in the feature, submit a brief write up of the award and the people who have earned it. Photos may be submitted, but space is limited. Submissions should be sent as a word document; photos should be .jpegs.

For more information, contact Lanorris Askew at lanorris.askew.ctr@us.af.mil.

CAC reset and appointments

You don't have to go to the MPS to get your Smart Card/ CAC reset. Visit the link below to get a Smart Card PIN Reset. https://wwwmil.robins.af.mil/Docs/CAC_Reset_Locations.pdf.

No more waiting in line for appointments. Make your identification card appointment on the RAPIDS scheduler link at <https://rapids-appointments.dmdc.osd.mil/?AspxAutoDetectCookieSupport=1>.

Visitor Control Center

The 78th Security Forces Squadron Visitor Control Center will close at 2 p.m. on the third Friday of each month for job proficiency and customer service training.

During training hours, the Watson Gate will assume responsibility for vetting and processing visitor passes.

Luncheon celebrates diversity

BY ANGELA WOOLEN

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The rock group Queen's "We Will Rock You" doesn't sound like a traditional song for a Vietnamese Bamboo Dance but that's exactly the right beat for the choreography.

The Asian American Pacific Islander team was just one of many performers and speakers at the third annual Diversity Luncheon held at the Heritage Club on Tuesday.

Audience members clapped along during the dance, which was introduced by Vivian Siu, whose parents were refugees from Vietnam.

"It represents diversity," she said of the bamboo dance.

To honor her father, who was full-blooded Cherokee, Patricia Williams sang two verses of the song "Amazing Grace" in her father's Cherokee language.

Williams is part of the Native American Indian Heritage committee.

Representatives from Native American,

Hispanic, LGBT, African American, Women's History and Asian American Pacific Islander all gathered in a show of support for the month which honors diversity.

"You're all here because you believe in diversity," said Jo Ann Mason-Gordon, part of the African American History committee at Robins. She encouraged everyone to be a "standup person" in order to break the cycle of prejudices.

The guest speaker was Rep. Shaw Blackmon, who grew up in Warner Robins.

Col. Jeff King, 78th Air Base Wing commander, spoke at the end of the luncheon and left attendees with three reasons why it was important for military bases to continue to have diversity luncheons.

"Unity, identity and innovation," are key to a diverse population, he said. With the issues going on in society, it could divide us. The purpose of bringing together many groups of people from all different walks of life was to unite us to work together as citizens to come up with new ways of celebrating our differences, King said.



U.S. Air Force photo by RAY CRAYTON

Dancers perform a Vietnamese Bamboo Dance to the rock group Queen's "We Will Rock You" during the third annual Diversity Luncheon held Tuesday.

What to expect during the civilian informal EEO complaint processing

BY ROBINS OFFICE OF EQUAL OPPORTUNITY

The EEO Complaint Process is designed for any federal employees, former employees, or applicants for employment who believe they have been discriminated against based on any of the protected categories (race, color, religion, sex (including pregnancy), national origin, age (40 or older), reprisal for participating in EEO activity or opposing discrimination within the EEO purview, disability (mental or physical), or genetic information. The complainant must contact the EO office within 45 calendar days from the date the discrimination occurred or 45 calendar days from the effective date of a personnel action. Civilian employees must file an informal complaint before a formal complaint can be filed.

The purpose of the informal EEO Complaint process is to give management official notice of the alleged claim, assist the individual in defining the claim and offers an opportunity for informal resolution of the claim. The complainant must elect between traditional EEO counseling or mediation as a method of having their informal complaint processed. If traditional EEO counseling is elected, the complainant has the right to remain anonymous in the informal stage only. The traditional EEO counseling period is 30 days and can be extended up to an additional 60 days. The EEO counselor will conduct a limited inquiry into the allegations by requesting management provide a writ-

ten response to the allegation(s) and requested remedy, as well as documentation pertaining to the allegations raised. Once a response is received, the EEO Counselor may present potential remedies to both parties to facilitate a resolution.

If the complainant elects mediation, the complaint processing is 90 days. Mediation is a meeting between parties with the help of a neutral third party mediator to resolve differences/issues. In order to use mediation, both the complainant and management must agree to mediate.

If a resolution is reached through traditional EEO counseling or mediation, a settlement agreement will be drafted and the EEO complaint is closed. If resolution is not reached in the informal complaint stage, the complainant will be issued their right to file a formal discrimination complaint against the agency. If the complainant elects to file a formal complaint, they must file within 15 calendar days from the date of receipt of the right to file a formal complaint.

EO is committed to fostering communication between parties enhancing unit cohesiveness, military readiness and mission accomplishment.

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DSN: 468-2131**



Become part of a winning team

Robins is currently hiring multiple selectees for the following position. Please visit the link below.

<https://www.usajobs.gov/GetJob/ViewDetails/445574200/>

For more information on navigating USA jobs, watch the video on Youtube by copying and pasting this link: www.youtube.com/watch?v=8BicxsWEY6c&feature=share in your browser.

To search for other jobs, visit www.usajobs.gov.

AROUND THE AIR FORCE

State of the AF: Active-duty force on the rise, space will be more prominent

BY STAFF SGT. CHRISTOPHER GROSS

Air Force News Service

Nearly three years into her tenure as the Air Force's top leader, Air Force Secretary Deborah Lee James reaffirmed that people continue to be her top priority during her State of the Air Force address at the Air Force Association Air, Space and Cyber Conference Sept. 19, in National Harbor, Maryland.

James also addressed key issues such as reversing downsizing efforts, modernization of aircraft and space domain efforts, and how a long-term continuing resolution would be detrimental to the Air Force.

Reflecting on her time as the Air Force's leader, James said, "There have been no issues more important to me over the last 2 ½ years than people issues."

Taking office in December 2013, the wars in Afghanistan and Iraq were dwindling, and personnel reductions continued, which "on paper," James said made sense.

However, James said that as she traveled the world interacting with Airmen, it seemed that reductions were not the answer. Personnel shortages were putting a strain on Airmen. Global security issues began emerging, and Airmen were needed. Russia illegally invaded and annexed Crimea, the Islamic State of Iraq and the Levant continued to terrorize Syria and Iraq, more airpower was needed in the Pacific, and a presence was needed to protect the freedom of navigation in the South China Sea.

With the support of the president, Capitol Hill and defense leaders, by the end of the year the Air Force's active-duty end strength is expected to reach 317,000.

Aside from increasing the active-duty strength, James said she is committed to preventing sexual assault, which continues to be a top priority. She also said areas of victim care and investigative assets will continue to be "ramped up."

Modernization of aircraft, space

James said replacing and modernizing a fleet with an average aircraft age of 27 years old, is an absolute necessity to remain dominant in the airpower arena.

"Balancing this fleet with the current demand, reduced capacity of aircraft and personnel, and tech-



U.S. Air Force photo by SCOTT M. ASH
Air Force Secretary Deborah Lee James gives her "State of the Force" address during the Air Force Association's Air, Space and Cyber Conference in National Harbor, Md., Sept. 19. A highlight of James' presentation was announcing the official name of the Air Force's newest bomber, the B-21 Raider.

nological advances among our adversaries – you add all that up and it makes maintaining Air Force full-spectrum readiness very challenging," James said.

However, perhaps even more important is to improve operability and advancements in space. During the past few years, billions of dollars have been invested into the space enterprise.

"Space is now contested and congested," James said. "It's extremely important to everything that we do in the military, including precision guidance; navigation; missile warning; weather; intelligence; surveillance and reconnaissance; and communications."

During a strategic space review earlier this year, James said areas of focus included protecting satellite communication and missile warning missions, as well as battle management, and command and control capabilities.

"Most importantly, we are changing the culture in our space enterprise," James said. "We need to get our heads around for the future – what happens if a conflict on Earth extends to space? How will we defend our assets?"

James said this will affect how Airmen train, and will include building a space mission force ready for conflict that extends into the space domain. It will also mean the Air Force will operate differently, and

the standing up of the Joint Interagency Space Operations Center at Schriever Air Force Base in Colorado Springs, Colorado, is proof of that.

Long-term continuing resolution would be detrimental

James said a short-term CR is all but certain and being able to manage in that state for three months or less is tolerable, however, anything longer would be harmful.

"A long-term CR would be very damaging for the Air Force," James said. "For example it would reduce our funding overall for the Air Force by \$1.3 billion."

It would also limit training and readiness for all Airmen and have an impact on Guard and Reserve drill weekends as well as flying hours, according to James. The ability to keep up with the air strikes on ISIL would also be at risk, as a long-term CR would reduce the ability to resupply stocks of precision munitions.

Some other areas a long-term CR would affect include capping the production of the KC-46A Pegasus, prevent progression of the B-21 Raider development, and delays to the construction of about 50 major construction projects, some of which would affect the F-35A Lightning II support facilities.

In Air Force News

Goldfein announces Cody's retirement

NATIONAL HARBOR, Md. (AFNS) – Chief Master Sgt. of the Air Force James A. Cody will retire in early 2017, Air Force Chief of Staff Gen. Dave Goldfein announced during the Air Force Update at the Air Force Association's Air, Space and Cyber Conference here Sept. 20.

As the 17th CMSAF, Cody provided direction for the enlisted force and served as the personal advisor to Air Force Secretary Deborah Lee James and Goldfein on all issues regarding the welfare, readiness, morale, and proper utilization and progress of the enlisted force.

"I have watched Chief Cody in action," Goldfein said. "I've been a fan ever since he became the chief master sergeant of the Air Force. I have watched him fight for Airmen at the highest levels of government, and if there's ever a person that speaks truth to power, it's Chief Jim Cody. He's been a great wingman, he's been an incredible chief master sergeant of the Air Force."

Cody has served as the Air Force's senior enlisted leader since 2013, and will retire with more than 30 years of service.

FEGLI calculator makes choosing options easier during open season

JOINT BASE SAN ANTONIO-RANDOLPH, Texas (AFNS) – The Federal Employees' Group Life

This week in Air Force History



On September 18, 1950, 42 B-29s of the 92nd and 98th Bombardment Groups dropped 1,600 bombs on enemy troop concentrations near Waegwan, allowing Eighth Army to advance rapidly from the Pusan perimeter toward Seoul, Korea.

Insurance Program calculator helps eligible federal employees make the right choices for themselves and their families during this open season, which runs until Sept. 30.

The Office of Personnel Management offers an FEGLI calculator to assist with rapid and convenient computations to determine the face value and calculate premiums of various combinations of FEGLI coverage, see how choosing different options can change the amount of life insurance and premiums and how life insurance carried into retirement will change over time.

During this open season, the first in 12 years, employees can enroll in

FEGLI or increase coverage up to the maximum offered by the program, including Option C coverage on the lives of spouses and eligible dependent children under age 22.

In order to participate in the open season, employees must be in a retirement covered position authorized for FEGLI coverage.

FEGLI provides group term life insurance which does not build up any cash or paid-up value. It consists of basic life insurance coverage and three options.

Enrolled employees can cancel, reduce coverage or change beneficiaries at any time without waiting for an open season. Elections or changes made during the 2016 FEGLI Open Season are effective Oct. 1, 2017.

Program adds multiple career fields, vacancies

JOINT BASE SAN ANTONIO-RANDOLPH, Texas (AFNS) – The Air Force's Voluntary Limited Period of Active Duty program has added a number of career fields for selected air reserve component line of the Air Force officers.

For three years and one day, Reserve and Air National Guard officers from certain Air Force specialties can fill vacant active-duty positions for Air Force ROTC; Air Force ROTC detachment commanders; Officer Training School and Air Command and Staff College instructors; mission support group deputy commanders; Air University faculty;



U.S. Air Force photo by AIRMAN 1ST CLASS ASHLEY WILLIAMS

Thunderbolt

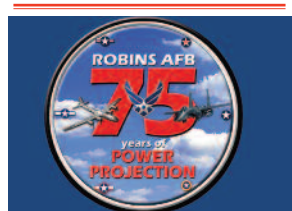
Ohio Air National Guard's 121st Air Refueling Wing welcomes an A-10C Thunderbolt II from Moody Air Force Base, Ga., Sept. 1. A-10s were relocated in preparation for Tropical Storm Hermine.

cyber (17D) and combat rescue officers. Opportunities also exist for remotely piloted aircraft MQ-1B Predator and MQ-9 Reaper pilots and 11X pilots.

During the 1,096-day tour, selected officers will receive active duty benefits but will remain on the Reserve Active Status List and meet reserve promotion boards when eligible.

VLPAD is just one of several initiatives implemented to meet increased mission requirements.

ROBINS REV-UP



COMMANDER
Col. Jeff King

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SUBMISSION GUIDELINES

Submissions must be received by 4 p.m. Wednesday, the week prior to the requested Friday publication.

They should be e-mailed to lanorris.askew.ctr@us.af.mil and vance.janes@us.af.mil

Submissions should be of broad interest to the base populace. For information, call Lanorris Askew at 472-0806.

DELIVERY

To report delivery issues, call 472-0802. The Robins Rev-Up is published by The Telegraph, a private firm in no way connected with the U.S. Air Force, under exclusive written contract with Robins Air Force Base, Ga.

This commercial enterprise Air Force newspa-

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STAR

Continued from A1

The four tenets of VPP are management leadership and employee involvement; work site analysis; hazard prevention and control; and safety and health training.

A crucial area is employee involvement. Across the group there are nearly two dozen different opportunities for employees to actively engage in making their work areas safe and successful.

Some of those opportunities include ergonomics, CPR or automatic electronic defibrillator training. They can also engage by performing monthly safety inspections or serving on the VPP steering committee.

Assisting in mishap investigations or participating in wellness activities are a couple of other areas the employees can get involved in.

There's also the popular weekly VPP Cross-Talk discussions that have brought employees together over the years, giving many a unique opportunity to brief interesting topics related to safety and health.

"The key part of our success is management support," said VPP steering committee member Chris King.

Randy Bickley, also with the VPP steering committee, agreed, adding that the VPP Star program is about employees owning the program and being enabled to do so by management.

"That's where the partnership comes in and what it depends on," he said. "We talk about sustainment, which means we have to be constantly improving to make things safer and better. It's been a very effective program because it's employee-owned."

He continued, "With us in over 140 facilities on base, it's not just about keeping us safe only in the 402nd MXSG, it's about keeping the entire base safe."

Russ Mills, who had been the group's VPP manager since 2008, recalled that one of the first things their team did was to assess the organization's safety and occupational health 'DNA,' referring to historical injury and illness rates, safety violations and current safety program support structure.

After all, it's vital that you understand the history and current state before you can establish realistic VPP program goals and objectives, as well as get buy-in from the workforce.

"I can say for certain that the primary keys to success in obtaining and sustaining OSHA's VPP Star Work Site

David Berryhill, with the 402nd Maintenance Support Group Machine Shop, operates a saw to cut rubber for use on an F-15. The group was recertified as an OSHA Voluntary Program Protection Star Site for its ongoing commitment to workplace health and safety.



U.S. Air Force photo by RAYMOND CRAYTON

is to first establish realistic but challenging VPP/safety goals with supporting objectives, implement an aggressive communication campaign, identify the internal 'on-the-floor' employee leaders within your work force, and build strong partnerships (management/employees, the safety team and AFGE)," said Mills.

"Also, perform aggressive self-assessments which we accomplish with our benchmarked VPP Cultural Assessment Process," he said. "And most importantly – provide opportunities for involvement and engagement throughout your VPP program."

As evidenced by a successful part-

nership between management and employees, employee ownership, accountability, involvement and engagement, creating and sustaining a successful VPP program doesn't happen overnight.

Along with the VPP group steering committee, there are unit safety representatives, a job safety analysis team, employee involvement board working group that resolves employee concerns, an awards program team and cultural assessment team.

"Our job has always been about safety; it's just that VPP has brought it all home," said Barry Hill, VPP steering committee member.

HOMELAND

Continued from A1

ready-to-assist teams on standby had Tropical Storm Hermine's trek across the Florida panhandle and Georgia earlier this month brought widespread destruction.

Should unnatural disasters occur, say a CBRN incident where an explosion occurred at a major sporting event, calls for assistance would be made to assess radiation, and medical teams would deploy to the site.

Then there are the usual events that happen annually, like the Super Bowl and annual hurricane season preparations during the late summer months.

While circumstances for both may differ, teams can be prepositioned in advance of any pending disaster.

Teams were deployed in 2008, for example, at the Democratic National Convention at Invesco Field in

Denver, Colorado.

Due to the event's high visibility, CBRN Enhanced Response Force Package teams were in the field for over 24 hours, available in case of any civilian casualties due to an unexpected incident.

The 116th MDG's medical detachment can deploy within six hours, and have an operational footprint of 72 hours prior to any state, regional or federal follow-on response.

They can assemble from Dobbins Air Reserve Base in Marietta and Robins, with all medical equipment and response-ready trucks maintained at Dobbins.

"The primary mission of our detachment is to triage, stabilize and send patients out," said Baffic. "We basically have in our critical care team everything you'd need just like in an emergency room."

That includes caring for patients with any type of resuscitation needs, chest tubes and intubation procedures and defibrillation administration. Their equip-

ment varies, from intraosseous needles to administer fluids in the bone and portable ultrasound machines, to high infusion pumps and medicines.

"In our inventory we are able to offer medicines to support a person in the very first few hours of their injury before they get to definitive care," said Perino.

Including members of the 116th MDG, the overall HRF team has close to 600 people. All are HAZMAT certified, including the Respiratory Protection Program, a civilian program mandatory for all members since anyone has the potential to be exposed in a contaminated environment. The Respiratory Protection Program was recognized earlier this year at Robins for its efficiency and management.

Whether it's joining engineering teams, search and extraction medics or a decontamination element at a disaster site, the medical response team from the 116th MDG are prepared for when the nation calls.

"We're always ready to go," said Baffic.



Thought for the Day

"Never believe that a few caring people can't change the world. For, indeed, that's all who ever have."

— Margaret Mead



What's inside

Missed appointments cost access, B2

Ga. EPD Drought response, B3

Fall Bash, B4

Lighter Fare

THE ROBINS REV-UP ■ SEPTEMBER 23, 2016

THE PLACE TO LIVE, LEARN, WORK AND PLAY

From I-75 South

Take I-75 South to Exit 160

Head southeast on Pio Nono Ave. toward Glendale Ave. for 5 miles

Slight right onto Cochran Field Rd.

Turn right onto Airport Dr. Parking is straight ahead.

From I-75 North

Travel I-75 North

Take exit 149 turn right onto GA-49 for 2 miles

Continue onto US-41 N for 2.47 miles

Turn right onto Avondale Mill Rd. and travel 3 miles. Parking area will be to the left.

From Warner Robins

Head east on Russell Parkway

Use the right lane to take the GA-247/US 129 ramp to Macon/Hawkinsville

Turn right onto GA-247/US-129 S

Parking area will be on the right.

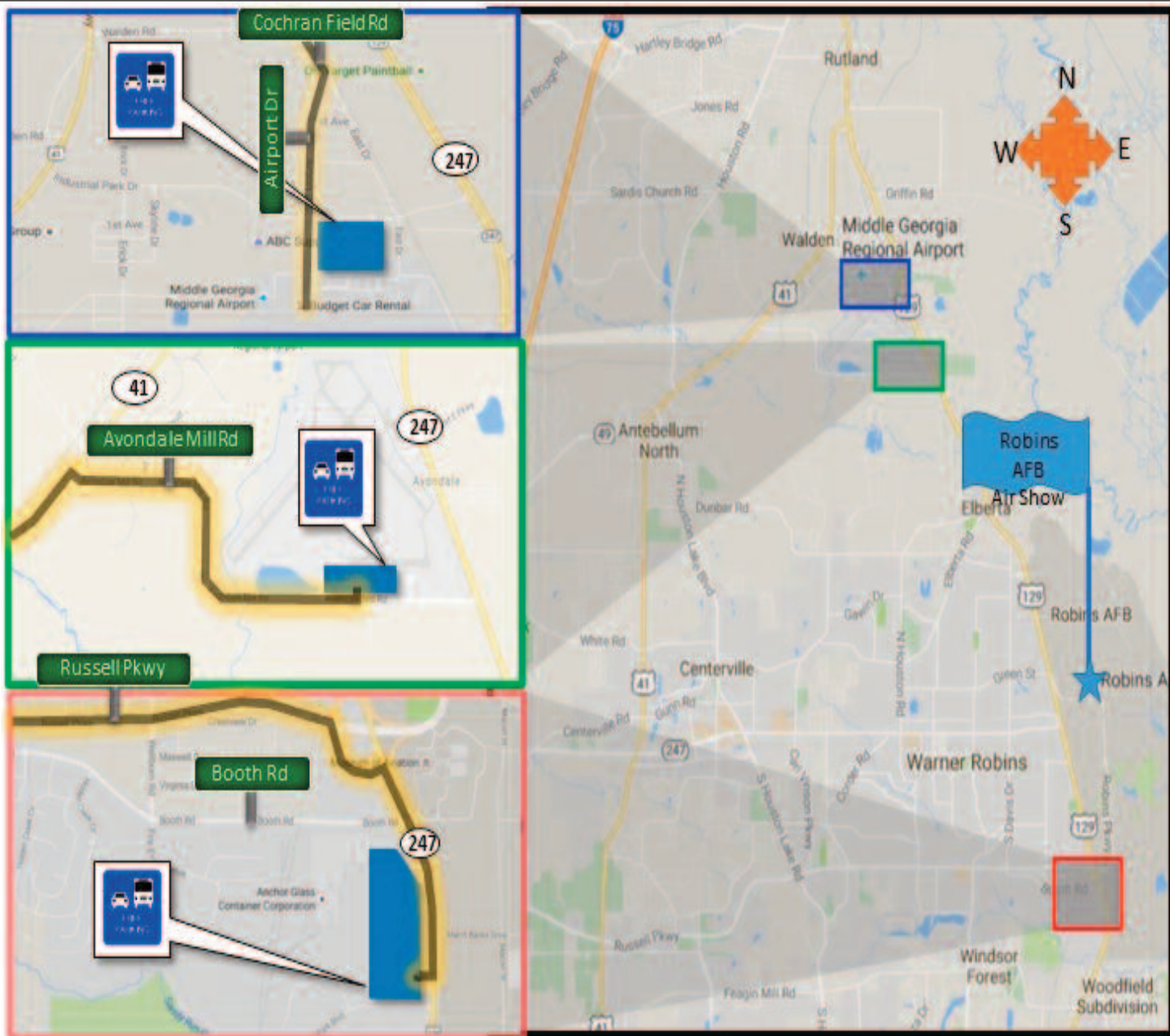
From Perry

Head north on Hwy. 247

Cross over GA-96

Continue north for 2.6 miles

Parking area will be on the left.



AIR SHOW PARKING MAP AND DIRECTIONS

The Thunder Over Georgia Air Show at Robins is Oct. 1 and 2. The show will include performances by the U.S. Air Force Thunderbirds, U.S. Army Special Operations Command Parachute Demonstration Team – known as the Black Daggers, multiple warbird acts, aerial acrobatic rock star Patty Wagstaff and others. Robins Air Show coordinators have established a parking plan complete with transportation service to assist everyone attending the event. Buses for all parking locations will start at 8:30 a.m. and run continuously until 6 p.m.

General Public

The general public will not be allowed to drive on base. The off-base parking lots are Middle Georgia Regional Airport and Anchor Glass. People arriving from I-75 South may park at Middle Georgia Regional Airport on Airport Drive. Guests arriving from I-75 North should take Exit 149 for Middle Georgia Regional Airport on Avondale Mill Road. People arriving from Warner Robins and Perry may park in the Anchor Glass parking lot (off Ga. Highway 247). Coolers are not allowed on the buses or at the show, and security checks will be conducted at all off-base parking locations.

On-Base Parking

Department of Defense ID cardholders entering the Russell Parkway gates will park in the South base parking areas and ID cardholders entering the Watson Boulevard gate will park in the North base parking area. Once on base, guests will be directed to a designated parking location. Coolers are not allowed on the

WHAT TO KNOW

For air show FAQs, updates regarding performers, statics and parking, visit <http://www.robins.af.mil/Airshow> and <https://www.facebook.com/Robins-Air-Show-2016-304047656310401>.

If you have specific questions not covered, email them to Robins.Airshow.Community@us.af.mil.

buses or at the show, and security checks will be conducted at the air show entrances.

Bus stops for South base parking are: Ninth Street by Bldg. 905; Ninth Street and Page Road near Bldg. 640; and Warner Robins Street and Ninth Street near the Heritage Club.

Bus stops for North base parking are: First Street and Perry Street and Byron Street and Richard Ray Boulevard behind Bldgs. 210/220; Third Street and Perry Street behind Bldg. 215; Byron Street and Third Street at back of Bldg. 300; Third Street and Milledgeville Street near Bldg. 323; Warner Robins Street and Third Street near Bldg. 350; and Robins Parkway and Richard Ray Boulevard across from Bldg. 321.

Base Housing

Shuttles will be provided for on-base residence at designated bus stops. Stops are located in Forest Park at Officers Circle West and Warner Robins Street and Officers Circle West; Crest View at Tenth Street and Ft. Valley Street and Eleventh Street and Hawkinsville Street; Turner Park at Gwinnett Drive and Lanier Drive and Habersham Lane.

Handicap Parking

Each parking location will have handicap accessible buses.

A BETTER YOU

Missed appointments at MDG affect medical access

BY JENNY GORDON

jenny.gordon.ctr@us.af.mil

When a patient who has scheduled an appointment with the 78th Medical Group misses a visit with a medical provider, it can affect the ability of other patients to access critical medical care.

An appointment that is a 'no-show' is lost time and productivity. In addition, many times the patient still needs to be seen and will schedule an additional appointment for the same concern.

To date in fiscal 2016, there have been 3,125 missed appointments in the 78th MDG. That number includes patients who have not shown up for scheduled appointments by not calling to cancel.

While it can be difficult to measure the financial impact of missed appointments, it's estimated that in fiscal 2016, it equates to a little over \$1.1 million in lost operations.

"It's a team effort here in the 78th Medical Group when it comes to medical access," said Capt. Zachary Rumery, 78th MDG Group Practice manager. "We're doing everything we can, but patients can also help us by making sure they come to their appointments. If not, by cancelling as soon as they realize they will not be able to keep the appointment, allows as much time as possible for another patient to schedule that appointment time."



To access the 78th Medical Group Call Center, call 478-327-7850 7 a.m. to 4 p.m., Monday through Friday.

"That would help us tremendously," he added.

Ideally, missed appointment rates should be less than 5 percent of total appointments. Currently, missed appointments for dependents and retirees track at 7 percent. For active duty, typically that rate is 4 percent or less.

To cancel or reschedule an appointment, you can visit TRICARE online, or call the central appointment line at (478) 327-7850, 7 a.m. to 4 p.m., Mondays through Fridays.

The 78th MDG's Central Appointments call center is a very busy and dynamic operation. Their performance has consistently ranked high across the Air Force.

Metrics such as call talk time, number of calls answered within a certain amount of time, speed of answers and abandoned calls are all tracked to ensure customer service can be improved every time.

On average the clinic receives about 6,600 calls each month, with clerks making another 3,000 outgoing calls to patients.

When patients call in to the central appointment line, one of several clerks answers the phone. They are quickly scheduled with a provider who is part of their current primary care team.

Currently, the clinic is experiencing a shortage of providers, which is why every appointment that is scheduled is an important one to keep. Because of this shortage, it can take longer than normal to schedule a future appointment.

"The biggest impact is that it affects our access, and also impacts our patient's ability to get an appointment that really needed it," said Rumery.

The group has been working hard to combat missed appointments by calling patients the day before to remind them of their upcoming visits. Patients can also enroll for appointment reminders on TRICARE online.

Butternut Squash
versatile veggie of the week

MARITA RADLOFF

Robins HAWC registered dietitian nutritionist

Butternut squash is a versatile fall vegetable with a sweet flavor and smooth texture. There are many ways you can include butternut squash into your weekly menu; butternut squash risotto, soups, or even roasted for a simple side dish. Like its squash counterparts, butternut squash is loaded with vitamin C and A, B vitamins, and full of carotenoids, which are essential for eye health. A ½ cup serving of cooked butternut squash also contains 3.3 grams of dietary fiber.

Selecting: Like other members of the winter squash family, butternut squash is in season from early fall to late winter. Select a squash that feels heavy for its size, with smooth skin that is uniform in color with a matte surface.

Storing: Butternut squash is very hard, and can be stored up to three months in a cool, dry place. Do not refrigerate until cut.

Preparing: Intimidated by how to peel and cut the curvy squash? Here's a step by step guide.

1. Remove the ends. Place the squash on its side and cut off both ends.
2. Peel. Using your vegetable peeler, peel the length of the squash in long strokes. If you want to make peeling easier, poke body of squash with fork, put into microwave for 6-7 minutes, let cool, and peeling will be easier.



September is Fruits and Veggies – More Matters month, which brings the focus on eating more fruits and vegetables all year round! More than 90 percent of both adults and children don't eat the recommended amount of fruits and vegetables. The Dietary Guidelines for Americans recommend 5 cups (or servings) of fruits and vegetables per day for adults and children aged 14 to 18, and 2.5 servings for children aged 4 to 8, and 4.5 servings for children aged 9 to 13 years.

3. Cut in half at the neck of the squash – the part of the squash where it starts to curve outward. Cut the neck of the squash in rings as thick as you want your cubes.

4. Cut the curvy part of the squash in half lengthwise, exposing the seeds. Use a spoon to scoop out the seeds and any stringy bits. Slice each half into strips and cut into cubes.

One of the easiest ways to enjoy butternut squash is when it's roasted! Toss cubed butternut squash in 1-2 tablespoons of olive oil, 2 cloves of minced garlic, and salt and black pepper to taste (1 tsp of coriander is also tasty!) on a coated baking sheet. Bake in preheated 400°F for 25 to 30 minutes.



Squash Hash with Kale and Baked Eggs

This hash is an easy dinner or breakfast dish that can be prepared quickly for an easy weekday meal. For a heartier meal, add chopped and cooked chicken sausage.

This recipe was adapted from <http://www.marthastewart.com>

/1130170/squash-hash-kale-and-baked-eggs

INGREDIENTS

- 4 tablespoon olive oil
- 1 small yellow onion, minced
- 2 cloves garlic, minced (1 tbsp)
- 1 Butternut squash, halved, seeded, peeled and cut into ½ in pieces
- 2 cups packed coarsely chopped kale
- 4 large eggs

RECIPE DIRECTIONS

1. Preheat oven to 425°F.
2. To prepare butternut squash, poke squash with fork and pop whole squash into microwave for 8 minutes. Let cool.

3. Meanwhile, heat olive oil in a large ovenproof skillet (preferably cast iron) over medium-high heat. Add onion and garlic and cook, stirring occasionally, for 3 minutes.

4. When squash is cool, peel, half, and cut into ½ inch pieces. Add to pan, season with salt and pepper, and cook, stirring frequently, for 6 minutes.

5. Stir kale into squash mixture, cover with lid for 2 minutes.

6. Make wells in vegetables and crack and egg into each well. Put in oven for 4 to 6 minutes, when whites are set but yolks are still slightly runny.

78th Medical Operations Squadron
PresentsPain Management:
A Holistic Approach

September is National Pain Awareness Month. As such, Mental Health, Physical Therapy and the Health and Wellness Center have teamed up to share "Pain Management: A Holistic Approach," a presentation on Wednesday from noon to 12:30 p.m. in the 78th Medical Group Atrium (next to the pharmacy). The presentation will discuss the understanding of chronic pain, the management of pain with current mental health theories, physical activity and nutrition. Seating is limited, so please arrive early.

What's your plan for a disaster?

BY TRICARE STAFF

TRICARE.mil

Tropical storms, hurricanes, floods, cyber threats – there is no shortage of things that can go wrong. However, there is one thing that everyone can do to protect themselves: stay prepared.

This National Preparedness Month, TRICARE reminds you that preparing for a disaster is not hard, but it does require thought and planning. If the power goes out, are there enough candles and flashlights? If you can't go out for a while, do you have enough water and medication?

TRICARE can help you stay informed about your benefit before, during and after a disaster. When a state of emergency is issued, TRICARE may authorize early prescription refills, blanket waivers for referrals or other emergency benefits. When authorized, any emergency benefits are announced in email disaster alerts along with their effective dates. Sign up for disaster alerts, and get info at www.tricare.mil/disaster.

You should also build a disaster supply kit. Keep in mind that you may have to survive on your own for a few days, so have your own supply of food, water and supplies.

You can visit www.ready.gov, for information on different disaster types, a guide on making and communicating an emergency plan, how to care for pets and more. You can also download the Federal Emergency Management Agency mobile app. The app contains disaster safety tips, an interactive emergency kit list, storable meeting locations and a map to open shelters and FEMA Disaster Recovery Centers. Visit www.fema.gov/mobile-app for more information.

Before a Disaster

Plan a safe evacuation route and identify a safe shelter space. If evacuating, take these items with you in waterproof containers:

- Uniformed services ID card
- Medicare card
- Other health insurance. TRICARE supplements don't qualify as "other health insurance" card
- Driver's license
- Social Security card
- Checkbook, credit card, cash
- Prescription containers and/or a list of medicines with names, doses, and frequency
- Important phone numbers
- Any important medical or military information/documents
- Shot records
- First aid kit

Special Needs

If you have special needs, including chronic medical conditions, vision, hearing, or mobility impairment:

- Talk to your doctors about emergency medical plans
 - Know the location of more than one facility if you need dialysis or other life-sustaining treatment
 - Wear medical alert tags or bracelets
 - Arrange for disaster warnings
 - Arrange for help getting to a shelter
- Prepare to bring the following items with you:
- Doctor's contact information
 - A list of specific illnesses, allergies and medicines, including dosages
 - A list of medical devices, including type and model number
 - At least one week's supply of medicine.



Updated State Erosion and Sediment Control Manual

BY RANDY STILLWELL
Water Quality Program manager

The Manual for Erosion and Sediment Control in Georgia (aka “The Green Book”) is published guidance from the Georgia Soil and Water Conservation Commission.

It provides design and practices to be used in the protection of the state’s natural resources from erosion and sedimentation in accordance with Georgia’s Erosion and Sedimentation Act of 1975.

Compliance with the Green Book is required by Georgia construction general permits for affecting land equal to or greater than one acre.

The Green Book describes how to prepare an erosion, sedimentation, and pollution control plan for a site. It also provides details on best management practices to minimize the time soils are exposed, control runoff, shield soil from erosive forces, and bind the soils.

Common examples of BMPs include silt fences on the perimeter of a construction site, rock or hay bale check dams in drainage ditches, or protection devices on inlets.

The previous version of the Green Book was issued in 2000.

The 2016 Edition of the Green Book includes the following major changes:

- ▶Developing a new process for

the inclusion or removal of proprietary BMPs from the Equivalent BMP List. Examples include polypropylene on polypropylene silt fence and Silt Saver inlet protection devices;

- ▶Clarifying the use of Types A, B and C silt fences in non-sensitive and sensitive areas;

- ▶Combines or revises select practices of the Manual, such as tree protection, and slope stabilization; and

- ▶Adds two new sections to Chapter 3 covering “Coordinating Erosion and Sediment Control with Post Construction Stormwater Management,” and “Low Impact Development.”

The 2016 Edition of the Green Book is available at <https://gaswcc.georgia.gov/technical-guidance-0>.

The 2016 Edition of the Green Book became effective on Jan. 1, 2016.

ESPCPs which were completed and stamped after July 1, are required to use the 2016 Edition of the Green Book for BMP design and plan development.

For more information, call 468-9645.

Editor’s note: *Stormwater Straight Talk is a quarterly column intended to educate and inform base personnel about stormwater pollution.*



Georgia EPD declares Level 1 Drought responses, encourages conservation

BY HEIDI SCHWINGLE
Environmental Compliance chief

Persistent dry conditions have prompted the Georgia Environmental Protection Division to declare a Level 1 Drought Response in 53 counties, to include Houston County.

“Water utilities have already taken action to insure that water supplies are generally good,” Richard Dunn, EPD director said. “Practicing effective water conservation will help provide sufficient supplies through the coming months if dry conditions persist.”

Helpful water conservation practices you can use around the home:

- ▶Regularly check for, and repair, water leaks inside and outside the home.
- ▶Don’t leave the tap running. Turn off the tap when shaving, brushing teeth or washing your face.
- ▶Inspect and adjust sprinklers or irrigation systems so only your lawn is watered and not the house, sidewalk, or street.

- ▶Watch the forecast and adjust your watering schedule to prevent watering when rain is expected.

- ▶Water lawns early in the morning to reduce water loss due to evaporation.

The outdoor water use schedule required under the Water Stewardship Act of 2010 remains in place statewide.

This schedule allows outdoor water use year-round between 4 p.m. and 10 a.m. In addition, the following activities may be done at any time of day under a Drought Response Level 1:

- ▶Irrigation of personal food gardens;
- ▶Irrigation of new and replanted plant, seed or turf for 30 days after installation;
- ▶Drip irrigation or irrigation using soaker hoses;
- ▶Hand watering with a hose with automatic cutoff or handheld container.

Editor’s Note: *More information, including tips for water conservation, is available at <http://epd.georgia.gov/water-conservation>.*



Sometimes everyone needs a little help ...
Chaplain – 926-2821
EAP – 327-7588
Suicide Hotline – (800) 273-TALK (8255)

HAPPENINGS/SERVICES

ON TAP

Trivia Tuesdays

4 to 7 p.m.
Heritage Club Lounge
Registered players get one 8" cheese pizza
For details, call DSN 468-2670.

Twilight Rates

Every day
After 4 to 7 p.m.
Pine Oaks Golf Course
Play 18 holes with cart
\$20 per person.
For details, call DSN 468-4103.

Last Friday

Sept. 30
4 to 8 p.m.
Heritage Club
\$250 Club Card drawing for members present at 5 p.m.; drawing for nonmembers present at 7 p.m.
Heavy hors d'oeuvres 4 to 6 p.m.
Jazz Band 5 to 8 p.m.
For details, call DSN 468-2670.

The Walking Dead Party

Sept. 30
8 p.m.
Heritage Club
Celebration of the October 2016 Walking Dead season.
Best costume contest for male and female \$100 each at 10 p.m.
Free food 8:30 to 9 p.m.
For details, call DSN 468-2670.

Afterburner September Special

5:30 a.m. to 1 p.m.

Base Restaurant, Bldg. 166
Pineapple, Ginger Ale & Raspberry
For details, call DSN 472-7827.

Fall Bash Arts & Crafts Fair

Deadline to reserve space is Oct. 19
Registration forms available at the Arts & Crafts Center
Tables are \$20 each
For details, call DSN 468-5282.

GA National Fair Admission/ Rides

ITT
\$9 per pass
Advance midway ride discount coupons \$10 per sheet
For details, call DSN 468-2945.

Beginners Frame Class

Oct. 25 and 27
6 to 9 p.m.
Arts and Crafts Center
\$20 per person
For details, call DSN 468-5282.

Robins AFB Trap and Skeet Range Fall Trap League

Oct. 30
Robins Skeet Range
New shortened six week league format
\$12 per week (2 Rounds at \$6 each)
For details, call 478-955-3255.

Fit 2 Fight

Now through Oct. 30
11 a.m. to noon
Fitness Center
For details, call DSN 468-2128.



Team Robins will host its annual Fall Bash Oct. 22, from 1 to 5 p.m.

The family-friendly event, slated to take place at Robins Park across from the Heritage Club, is a yearly tradition that allows the Robins' community to take a break and have some fun.

The free event – which will include rides, face painting, games, live music, a craft fair and other family-friendly activities – is open to all Robins Air Force Base ID cardholders.

Food and drinks will be available for purchase at the event.





KUDOS: Kids Understanding Deployment Operations

**Saturday
from 9 a.m. to 1 p.m.**

Children of military members

7- to 15-years old

(must be accompanied by an adult)

Registration ends Sept. 23

For more information,
call Master Sgt. Avis Smith
at DSN 497-7691 or
commercial 478-327-7691

The deadline is today to register for Operation KUDOS. Team Robins members' children will get the chance to experience the deployment process at the event scheduled for Sept. 24 from 9 a.m. to 1 p.m.

Organized by the Robins Airman and Family Readiness Center, this annual event is for children ages 7 to 15 whose military parents are deployed or eligible to deploy. Registration is limited to 75 children. The event will allow military kids to experience a series of deployment stations which will include being issued orders, receiving "immunizations" and various educational handouts.

Participants will be briefed and processed similar to an actual deployment. Additionally, the kids will be able to tour a C-130 provided by the 402nd Maintenance Wing. They will also experience field conditions out at the 5th Combat Communications Group Gator Air Base as well as a 78th Security Forces Squadron K9 demonstration.

The event is free to all military families assigned to Robins or residing in the local area. Prior registration is required.